

# St. Jude Parents

NOVEMBER 2018

## Flu shots offered for caregivers, siblings

Influenza, “the flu,” is a virus that causes symptoms like fever, chills, cough and body aches. It can easily pass from one person to the next. In many St. Jude patients, the disease can be severe.

These are the best ways to prevent flu infections:

- Clean hands often with soap and water or an alcohol-based hand cleaner.
- Avoid contact with those who have flu symptoms.
- Avoid crowds during flu season.
- Get an annual flu shot.

- Take anti-viral medicines after exposure to people known to have the flu (under a doctor’s advice).
- Limit the number of visitors your child has at St. Jude and in housing.
- Discourage family members from coming to the hospital if they have flu symptoms (cough, sneezing, runny nose, sore throat, body aches, chills).

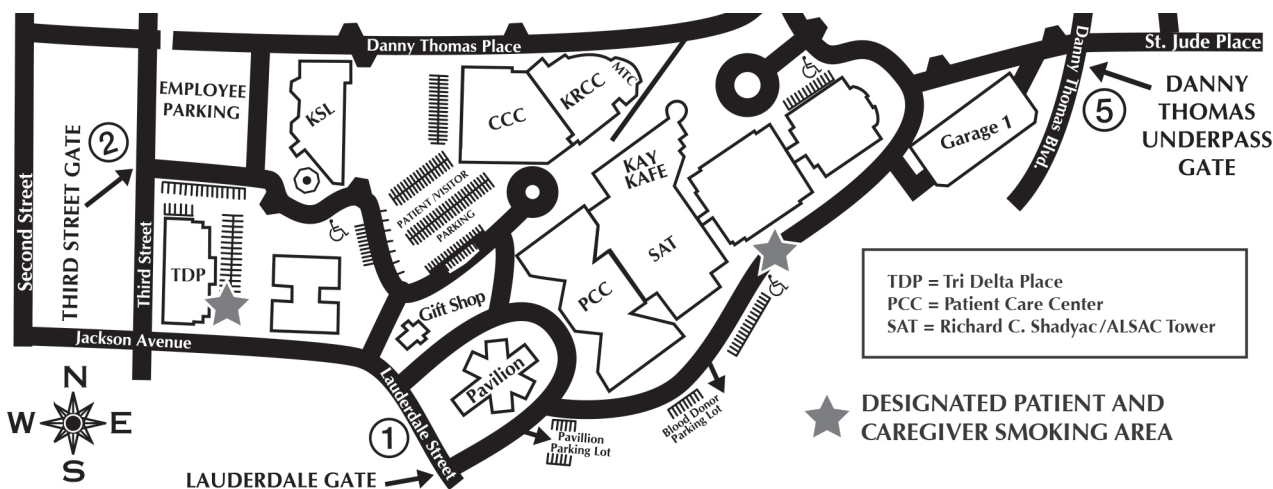
When all family members get the flu shot it helps provide a circle of protection around the patient. It is one way to keep the virus from coming

close to your child.

St. Jude provides the seasonal flu vaccine to all patients, staff members, adult caregivers and patient siblings who are 6 months old or older.

The free flu shots for caregivers and siblings are offered Monday through Friday from 1–4 p.m. in the Patient Care Center Assessment and Triage area.

If you have questions about the vaccine, talk to your doctor or your child’s primary clinic staff.



## Smoking and tobacco rules promote health and safety

St. Jude is a smoke-free campus for two important reasons. First, second-hand smoke is a danger to the health of patients, family members, visitors and staff. The second reason is fire safety. Many patients throughout the hospital use oxygen. Oxygen will help a fire grow faster. Because oxygen is stored under pressure, the tanks can explode in a fire.

Smoking rules are enforced at St. Jude to ensure a safer, healthier environment for everyone.

### Smoke-free rules

St. Jude staff understand that bringing a child to the hospital for treatment is a stressful time for patient families. It’s not a good time to require family members who do smoke to try to stop smoking or to stop using tobacco products. So although the campus is smoke-free, you are allowed to smoke or use tobacco products (including elec-

tronic cigarettes) in two designated areas on campus. One is outside the southeast corner of Tri Delta Place. The other is a booth outside the south side of the Patient Care Center.

If you do not want to go to one of these two areas, you can also ask a campus gate officer for a smoking pass to smoke outside the campus gates. Parents are still responsible for their children when one parent is smoking. St. Jude employees are not allowed to watch your child while you are smoking. Other than the two designated areas, smoking and the use of tobacco products and e-cigarettes are not allowed at St. Jude.

### Oxygen safety rules

Oxygen poses a strong fire hazard. If oxygen equipment is being used in your child’s room then smoking materials are not allowed in that room. This includes matches, lighters, cigars and cigarettes. Also,

no other sources of ignition are permitted in the room of any patient receiving oxygen therapy. This includes nonmedical devices with hot surfaces, such as hair dryers and curling irons, as well as non-medical devices that could cause a spark, such as some toys.

When your child is receiving oxygen outside the patient room, no sources of ignition are permitted within one foot of the nose prongs on the oxygen tube.

The staff will talk to you about fire safety if your child starts using oxygen.

### Commit to quit

St. Jude offers free information about how to quit smoking. To learn more, talk to your child’s social worker or stop by the Linda R. Hajar Family Resource Center near the Patient Care Center second floor lobby.



# Talking about Medicines

## Caregivers take precautions when giving chemotherapy at home

By Shane Cross, PharmD, Pharmaceutical Service

All chemo drugs taken by mouth (oral) can pose hazards. Be careful when handling these medicines and try to avoid contact with the skin. Women who are pregnant or could become pregnant should avoid contact with these drugs.

Please use these precautions to protect both you and your child from harm:

- Wash your hands before handling the chemo drug.
- Prepare a clean surface where you can handle the drug safely. Do not choose an area close to where food is prepared.
- Do not handle the drug under air vents or fans.
- Use gloves when handling oral chemo drugs.
- If you are cutting tablets or adding the medicine to food or liquid, your child should always take the oral chemo drug as soon as you prepare it. Do not cut tablets or add to food or liquid unless your pharmacist or doctor tells you it is OK to do so.
- After your child takes the dose, thoroughly clean the surface where you handled the drug.
- Always wash your hands after handling any oral chemo drugs. Do this whether your skin makes contact with the drug or not.
- Any items used with the oral chemo—dosing cups, tablet cutters, spoons—should be washed with warm soapy water and left to dry. Use these items only for oral chemo. Do not use them for any other medicines.
- For liquid chemo medicine, use each oral syringe only once. Then throw it away in the trash. Do not try to wash and reuse the syringes.
- Keep all medicines out of the reach of children. Chemo drugs can be very harmful if large amounts are taken at once.

To learn more about how to give oral chemo at home safely, read the St. Jude handout called “Do You Know... Chemotherapy by Mouth at Home.” If you have questions or concerns about any of your child’s medicines or how to give them, please talk to your child’s doctor, nurse or pharmacist.



## Nutritiolicious cooking kids corner

Clinical Nutrition offers Nutritiolicious: Cooking for St. Jude Kids every Tuesday and Thursday from 9:30–10:30 a.m. in the Kay Kafe Rotunda. These classes teach patients and siblings ages 6 and older cooking skills and how to use healthy ingredients in everyday meals. Talk to the clinic staff to sign up. This is what one patient said about the class:

**Patient Name:** Dakota **Age:** 12  
**How long have you been going to cooking class?**

I have been going for one year.

**Did you enjoy cooking before attending the class?**

Yes, I enjoy it all!

**What has been your favorite thing about cooking class?**

I like the preparation of the foods before cooking.

**What do you recall learning in cooking class?**

I have learned a lot of new recipes.

**What is your favorite cuisine?**

Italian. Also, I love grilling. I have my own secret burger recipe.

**Would you tell your friends to come to cooking class? If so why?**

Yes, because it’s fun!

## BEST Concierge team moves to lobby desks

The Best Upon Request (BEST) Concierge team is now stationed at the Guest Services desks in the Patient Care Center and Chili’s Care Center lobbies. BEST team hours are Monday through Friday, 8 a.m. to 7 p.m. They can run errands, shop,

deliver food, mail packages, plan events, help with moves, auto services and more. All services are free. You only pay for items they purchase at your request. To learn more, call 901-595-4000 or email [conciergeservices@stjude.org](mailto:conciergeservices@stjude.org).

*St. Jude Parents* is published on the first of each month by Patient Education and Information and Biomedical Communications. Your questions and comments are important to us. **We want to print advice and tips from St. Jude parents to other St. Jude parents.** To share your ideas or to receive this newsletter by email, please call or email Alicia Wright, RN, MSN, at 901-595-5453 ([ParentsNewsletter@stjude.org](mailto:ParentsNewsletter@stjude.org)) or Lois Young ([loislane.young@comcast.net](mailto:loislane.young@comcast.net)). To subscribe to an online version of this newsletter or to learn more about *St. Jude Parents*, visit [www.stjude.org/parents-newsletter](http://www.stjude.org/parents-newsletter). St. Jude is an Equal Opportunity Employer. St. Jude complies with health care-related federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak another language, assistance services, free of charge, are available to you. Call 1-866-278-5833 (TTY: 1-901-595-1040).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-278-5833 (TTY: 1-901-595-1040).

تنبيه: إذا كنت تتحدث باللغة العربية فيمكنك الإستعانة بخدمات المساعدة اللغوية المتوفرة لك مجاناً. يرجى الاتصال بالرقم 1-866-278-5833 (الهاتف النصي: 1-901-595-1040).



## St. Jude Children’s Research Hospital

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